

Values and beliefs exercise

Values and beliefs

WHAT ARE YOUR VALUES?

Values are deeply held principles or standards that guide behaviour and decision making.

- What values are most important to you and why?
- How do your values influence your daily decisions and actions?

WHAT ARE YOUR BELIEFS?

Beliefs are convictions or acceptances that certain things are true or real.

- Where do you think your core beliefs originated from?
- How do your beliefs influence your daily decisions and actions?

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Values and beliefs

What are the core values and beliefs that guide your decisions and actions in safeguarding?

How do you communicate your values and beliefs to others both verbally and through your actions?

Can you identify any values and beliefs that might hinder effective safeguarding practices?

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